

The Impact of the Ongoing Conflict on Youth Mental Health Results Summary

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The ongoing conflict in Yemen for nearly nine years has had a devastating impact on the mental health of Yemenis, especially the youth. Armed conflicts mainly cause frustration among society members. This situation, with the continuation of the conflict and the accumulation of losses and tragedies on the shoulders of the Yemeni people, may develop into psychological disorders. Subsequently, the Information and Opinion Survey Unit at “Yemen Information Center” conducted a survey on the impact of the conflict in Yemen on the mental health of young people.

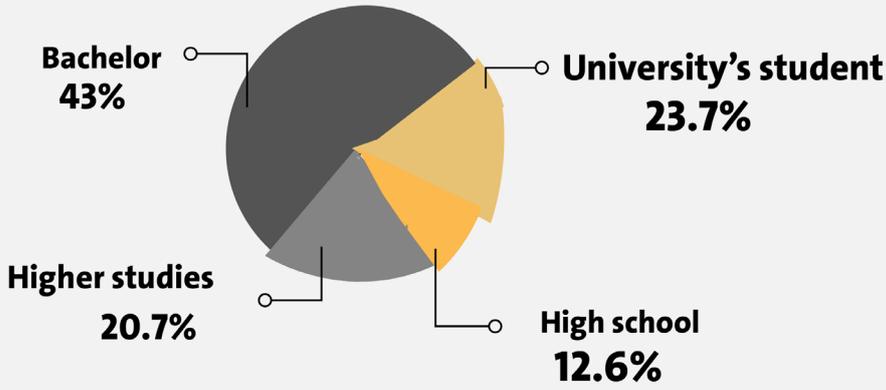
The survey was conducted on a research sample of 236 people, including 51.5% females, and 48.5% males.

80% of the participants were young people between 18 – 35 years old. The ages of 13.3% of them ranged between 36 – 45 years old. 5.9% were between 46 – 65 years old. Only 0.8% were over 65 years old.

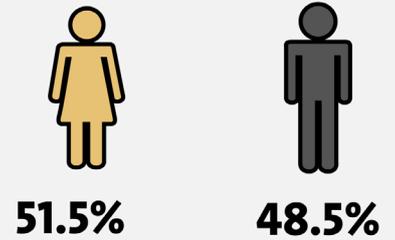
In regard to the academic qualification, 43% of the participants hold a bachelor’s degree, 23.7% university students, 20.7% post-graduates, 12.6% high school students.

The sample of the survey was from the following governorates: Sana’a 56.7%, Aden 17.9%, Taiz 8.2%, Ibb 4.5%, Hadhramout 3%, Dhamar 2%, Al-Hodeidah 1.9%, Amran and Raymah 1.5%, Sa’ada, Shabwah, Al-Dhali’e, and Al-Baydha 0.7 %.

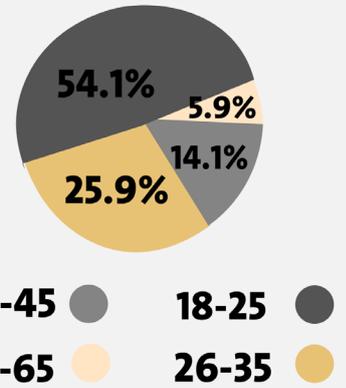
Educational level



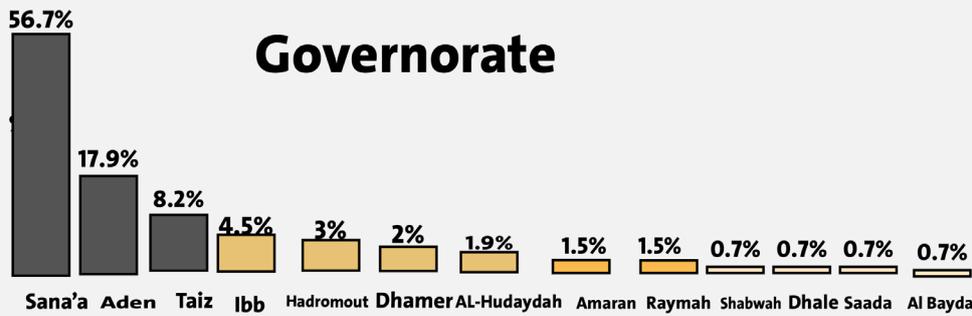
Gender



Age



Governorate



Main Results of the Survey

95.5% of the participants indicated that they suffer, or have experienced, from some symptoms of mental disorders, such as:

- Excessive anxiety 77.6%.
- Discomfort in gatherings and excessive desire to stay at home 54.5%.
- Negative changes in thinking and mood 32.8%.
- Depressive episodes 29.1%.
- Delusions and hallucinations 21.6%.
- Recurring unwanted memories of a traumatic event 18.7%.

Only 4.5% said that they did not experience any of the above symptoms.

Have you had any of the following symptoms in the last few years?

95.5%

Yes

4.5%

No

The symptoms :

77.6%

Anxiety

29.1%

Depressive episodes

54.5%

Feeling uncomfortable in gatherings

21.6%

Delusions or hallucinations

32.8%

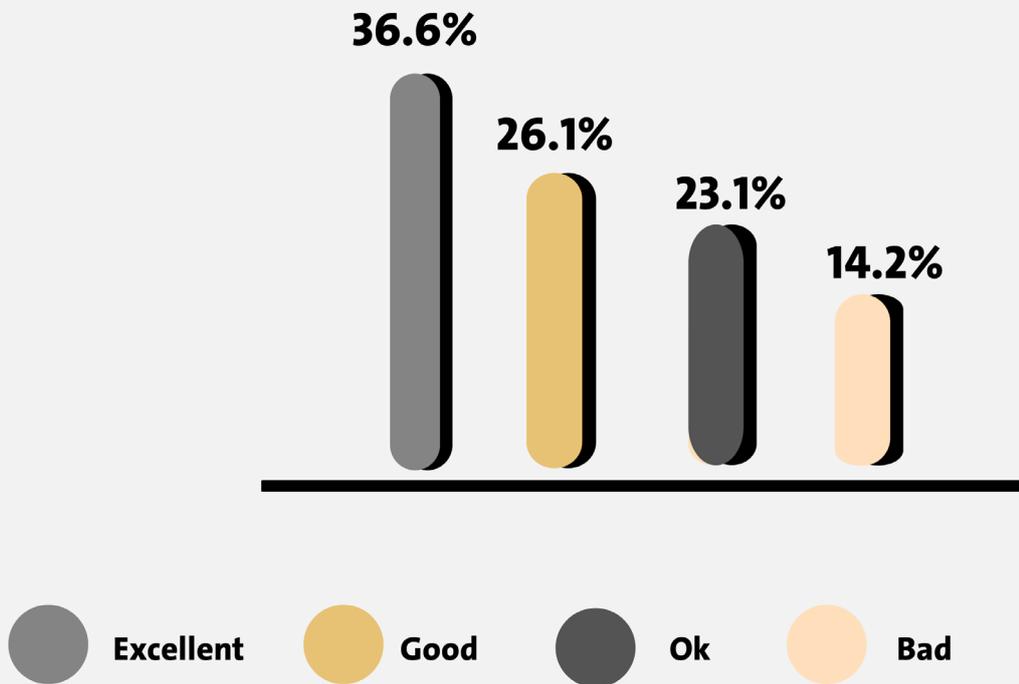
Negative changes in thinking and mood

18.7%

Recurring unwanted memories of a traumatic event

When the participants were asked about their evaluation of their mental health in the past few years, 36.6% evaluated it as excellent, 26.1% good, 23.1% ok, and 14.2% bad.

How do you evaluate your **mental health** in the last few years?



It is worth noting that 95% of those who evaluated their mental health either as excellent or good stated that they suffer from at least one or two of the previous symptoms. They may be considered as possible symptoms of psychiatric disorders such as bipolar disorder, chronic depression, schizophrenia, etc. This indicates a lack of awareness about the impact of these symptoms on mental health in general now and in the future. It also indicates that a person may not be able to assess his psychological state by himself / herself.

Regarding the causes of these symptoms, 94.8% answered that the conflict has caused them a lot of losses, both materially and morally, as follows:

- The death of a person close to them 65.7%.
- Affecting their income sources 61.2%.
- Dropping out of their secondary or university education 26.1%.
- Displacement or having to change their cities 20.9%.

Only 5.2% replied that the conflict has not caused them any loss of this kind.

Has **the conflict** caused you any **material** or **moral** loss?

94.8%

Yes

5.2%

No

what kind of **loss** is it?

65.7%

Death of a close person

26.1%

Having to drop out of education
(university or secondary))

61.2%

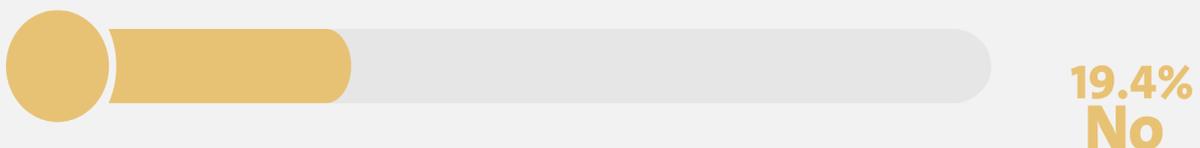
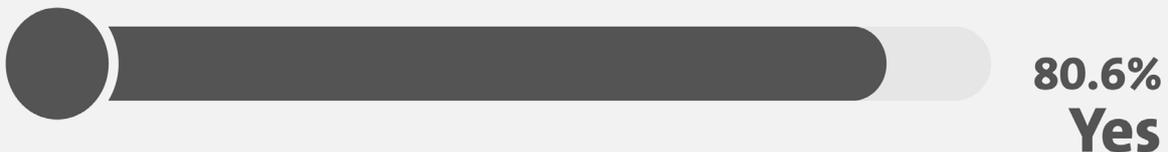
Affecting your income

20.9%

Having to change your city
(displacement)

The struggle, along with the tragic circumstances, must have driven some of the miserable and deeply affected people to suicide. When the participants were asked if they had heard about suicides in their neighborhoods, 80.6% answered “yes”, while 19.4% of them replied with “no”. 94% believe that the continuation of the conflict is the main cause of the increase in suicides. The conflict has led to an increase in the psychological disorders of young people and brought them to a state of frustration that is the result of the loss of hope and the inability of the Yemeni youth to change or overcome the suffering they are experiencing. However, 6% think the opposite.

Have you ever heard of **suicides** in your neighborhood?



Finally, 93.3% of the participants agree that neglecting mental health leads to an increase in cases of domestic violence and crimes. 6.7% believe that neglecting mental health has nothing to do with this.

Neglecting mental health leads to an increase in domestic violence and crimes :

